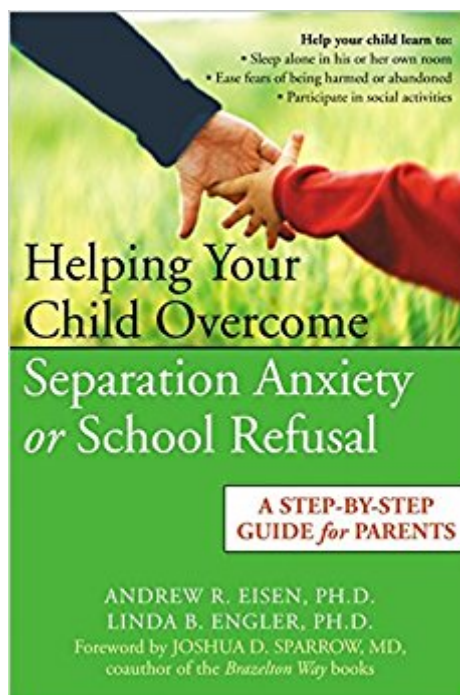




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# Helping Your Child Overcome Separation Anxiety Or School Refusal: A Step-by-Step Guide For Parents



## Synopsis

**Effective Tools for Parents** Does your child cling to you whenever you try to leave? Does he or she react strongly to the thought of being left alone? Psychologists call this kind of behavior separation anxiety, and it's usually a normal part of your child's developmental process — one that they outgrow. Sometimes, though, extreme or persistent kinds of separation anxiety can make life difficult for both you and your child. In some cases, separation anxiety issues can lead a child to be reluctant to get ready for school or, worse, to simply refuse to go at all. This behavior, called school refusal, comes with its own set of challenges. This book shows you how to identify when your child's separation anxiety or school refusal is more than just a phase and offers effective tools that you can use to manage your child's anxiety. Real-life stories about other children facing these challenges will help you keep your situation in perspective and remember that, with patience and persistence, your child will overcome his or her anxiety. After reading this book, you will be able to:

- Identify your child's unique safety needs
- Empower him or her with simple and effective coping skills
- Guide your child to better sleep, more comfortable alone time, and regular school attendance
- Monitor your progress and tap additional resources as you need them

## Book Information

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## Customer Reviews

Eisen and Engler have written an outstanding guide for parents of children who suffer from separation anxiety or school refusal. This well-written book is the first of its type, describing practical, step-by-step strategies similar to those that have been studied extensively in anxiety

research centers around the world. In addition to being a valuable resource for parents, this book will be very useful to teachers and mental health practitioners who work with anxious children.

Written by a child anxiety expert, this is the first parenting book to focus specifically on separation anxiety disorder, providing parents with the skills they need to cope with distressing challenges such as tantrums, nightmares, inconsolable crying, and screaming that occur during times of separation.

Very helpful for parents who are at a loss at how to handle their child's very painful and real fears. Especially for people who do not have access to mental health providers. It is nice to be validated and realize you are not alone.

This book really helped me to gather information and insight to my daughter's separation anxiety. Great book for parents experiencing SA with their children.

Helping Your Child Overcome Separation Anxiety or School Refusal is a sound, practical book for helping parents learn to help their children overcome separation anxiety in many different forms and settings. I will enjoy implementing the techniques with my clients. I gave this book only four stars because while it is easy for a clinician to read and fill in the behavior modification and coping skill gaps they left out, it will not be so easy for many parents. Parents who have anxious children are advised to get this book, but share it with a trained clinician/therapist. It is helpful in that it gives you an idea of what your child's anxious situations and behaviors are, how you have been handling them as a parent (personality type) and what safety situations your children prefer. It will be easier to implement with a trained person who can give you even further techniques, feedback and moral support when you need it.

Wonderful tool for working with children with school related anxiety, and in helping to educate their parents as to what their child is experiencing.

If you have a sensitive child in your life, this is an excellent book to help you see the world thru their eyes and feelings!

I felt like this book helped me better understand the reasons behind the anxiety and some of the methods did bring some relief. However I think with younger children it's always a challenge to really

cure serious anxiety.

I was looking for a book to help teach my daughter coping skills for dealing with separation from me while at school and at night. The book covers several "types" of kids and parenting "types" and none fit my daughter or us as parents. The first three chapters deal with learning about your child's anxiety (again, nothing fit my kid) and the authors mentioned over and over that later they will teach you what to do with this information. I gave the book a good try, reading more than half of it. There are no new ideas to give kids skills to work with. Instead it promotes having the child face and endure their fear and from that they are supposed to learn that they survived, nothing bad happened, and they will then be fine. Well my daughter has been going to school for 3 years, facing her fear, knowing she survived just fine, and still has anxiety. So obviously that method doesn't work for all. It also makes the parent cater to the child's needs in ways that are impractical at best and impossible at worst. Examples include promising your child that you will not leave the house at all while your child is at school and getting a pillow and blanket and sleeping in the hallway so your child feels comfortable staying in bed. Like I said I was really looking for skills and tools to give my daughter to use with us being the guidance and support, something this book does not offer. I found better ideas on Pinterest (search for the calm down jar - that's helping us).

When my son was four my husband and I left him for 5 days with some family members so we could go on a cruise with my sister and her husband. It was the first time we had been apart for more than an overnight stay. Needless to say the experience was not a good one for him, and since that time he has been cautious about being apart from us. No matter how much we reassured him, or tried to comfort and address his insecurities, it seemed the problem gradually got worse instead of better. He would go to Pre-K without much fuss, but spending time with a sitter, or the night with family members began to be more and more of a challenge. He started Kindergarten this year and every morning was a struggle. He'd be crying to stay with me and I would try to ensure his safety and the importance of school, all while struggling with my own tears. It was a horrible way to start the day and by 9am I was completely emotionally drained. With no clear reason for this down slide and being at my wits end, I sought the advice of a dear friend who happens to be a Psychology Professor. He sent me this book and I have never been more grateful for any gift. At first I was concerned that the book wasn't going to help as it didn't seem to be geared towards my son's specific issues. He doesn't fall into any one category; he is more of an inconsistent combination of the case samples they have compiled. But I read the book, highlighted the things that applied to my son and began to

work with my husband on getting our life back. The most helpful thing about this book was getting my husband and me on the same page. His approach to dealing with our son was vastly different from mine, and it turns out neither of us were correct. It has been a long hard road and the book had forewarned us that once we started implementing what we learned it would get worse before it got better, they weren't kidding. But with the help of this book, and the support of my family and his teacher, we are going on two weeks of not one tear before school. He also spent the night at my moms last weekend without any fight or fuss, without any need for reassurances. I thought this book was written in a manner that was easy to understand and follow along. I would highly recommend this book to anyone who has a child suffering from school refusal or separation anxiety. Cherise Everhard, March 2009

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